

## Egremont Land Trust Trails (ELT)

### *Baldwin Hill Road South Land Trust Sign*

A level quarter mile walk each way to the pond. Seasonably, trail may be very wet!

### *Egremont Plain Road Land Trust Sign - 0.8 mi west of Boice Rd intersection on Rte. 71*

A level quarter mile walk each way, with a ramp over the small stream to the Green River.

The Land Trust also sponsors seasonal walks in French Park. For more information about the Egremont Land Trust or to find out about upcoming ELT events please go to: [www.egremontlandtrust.org](http://www.egremontlandtrust.org)

## Jug End Reserve ★

Maps available at parking area.

Looking south to where the barn used to be, go to the left or right for the one mile and two mile loop trails. The left begins with a steep uphill walk; recommended to start rather than finish on this hill.

## Baldwin Hill Peak ★

Go any time of day, or for special times like sunrise or sunset. Remember - walk facing traffic! If you go north, south or east; start at the phone pole nearest the intersection. It is approximately 125 feet between poles. If you go to the fifth pole and return you'll do a quarter mile; go to the tenth pole and return, you'll have a half mile.

## Baldwin Hill Peak cont'd

Going west, you start at the stop sign and go to the last pole and return, you'll do 4/10 miles; go to the first apple tree on the right and return, and you'll have a half mile walk.

## Appalachian Trail

The Appalachian Trail is a 2000 mile footpath from Maine to Georgia that passes through Berkshire County. The *Kellogg Conservation Center* which abuts the Trail is located in South Egremont at 62 Undermountain Road (Rte. 41). The Center aims to enhance the A/T with its focus on environmental awareness, historic preservation, organic agriculture and related uses. Call the office at 413-528-8002.

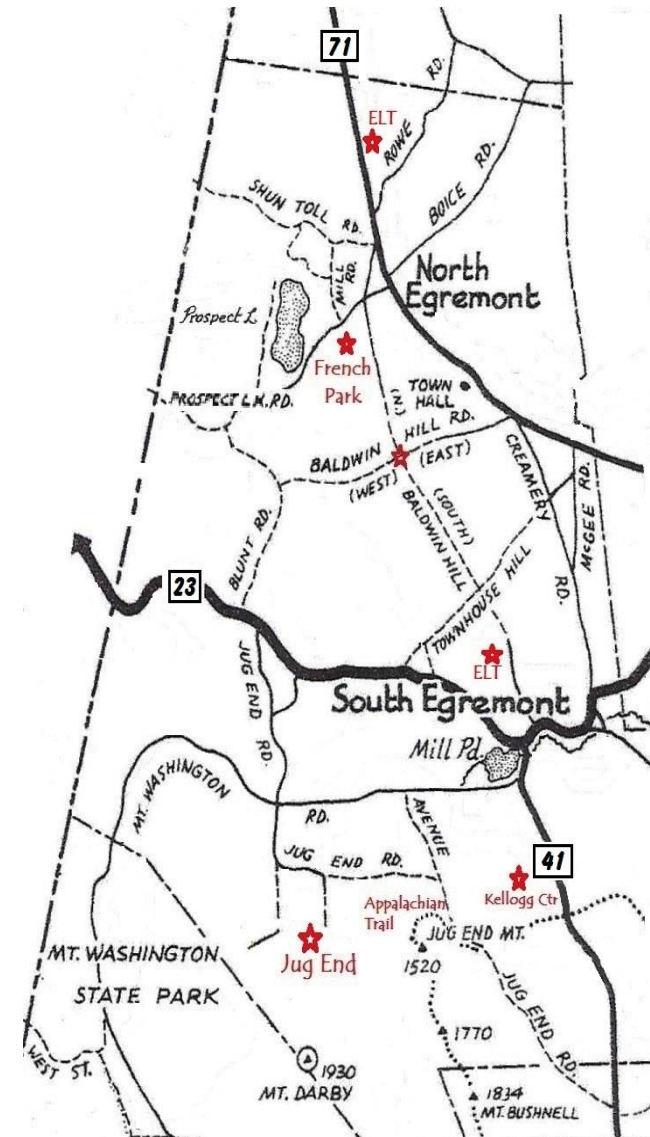
## Egremont Council on Aging

The Egremont COA is joining the Massachusetts Keep Moving Walking Program to engage adults in a weekly walking routine. Our goal is to improve and sustain the lives of people over 50, enhance their health and independence, and ultimately improve yearlong access to safe indoor and outdoor physical spaces for walking. We will form groups for all ages and fitness levels.

In June we will participate in the %Go the Distance+walking challenge, a one mile course in cooperation with, and in front of, the Rudolph Steiner School on West Plain Road.

For more information on activities and services provided by the Egremont Council on Aging, please visit our web page: [www.egremont-ma.gov/coa.html](http://www.egremont-ma.gov/coa.html)

# Walking Trails in Egremont



Prepared by the Egremont Council on Aging  
to support the "Keep Moving" and  
"Go the Distance" programs.

# Trails in French Park

Map colors match trail blazes



## Orange

Trail totals 0.52 miles. It is all pretty much level – a comfortable walk. Parking is in the park proper or at the tennis courts. You can connect to the Red trails.

## Red

You can park at the Dog Park to access the Red trails. Go due west from the parking area to the bottom of the hill. Great Circular trail (0.74 mi) that has two connectors to the Blue trails. The Red trails have gradual slopes and two bridge crossings.

## Blue

You can access from the Yellow or Orange and Red trails from the parking areas. There is also a trail head on Prospect Lake Road, but no parking. The trail has two splits that come back together and a large loop. Total round trip mileage is 1.45 miles. Mostly slight slopes except in the west side of the loop.

## Yellow

You can access from the park proper or from Prospect Lake Road across from Prospect Lake Park. There are moderate slopes and one short steep one. Total round trip distance is 0.79 miles. There is one bridge crossing.

*Please note: the three bridge crossings were built by the Greenagers.*

## Reading Trail Blazes

The paint markings are 2" X 6" and provide your trail "GIS". You should be able to see the next blaze from the one you are at. In French Park there are four colors of trails. See below for some examples:

